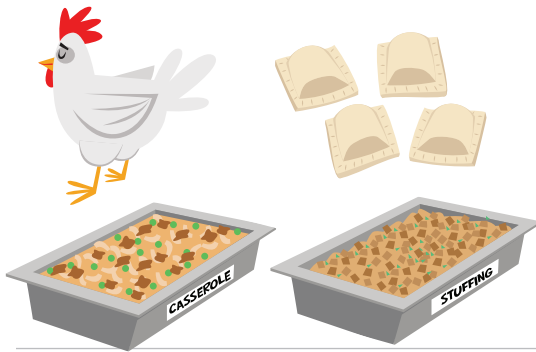


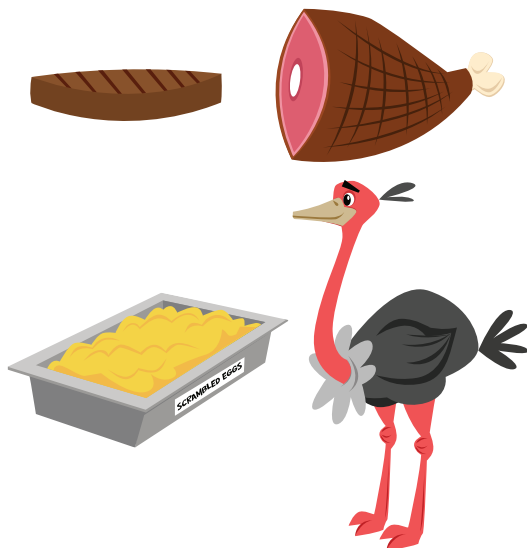
Food must reach the correct internal temperature and stay there for a specific amount of time.

### Cooking Requirements for Specific Types of Food



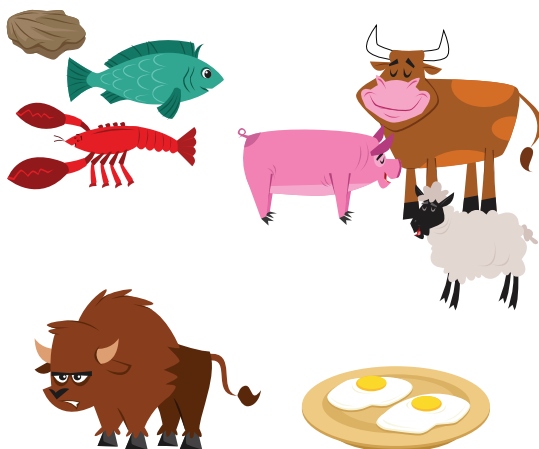
#### 165°F (74°C) for <1 second (instantaneous)

- Poultry—including whole or ground chicken, turkey, or duck
- Stuffing made with fish, meat, or poultry
- Stuffed meat, seafood, poultry, or pasta
- Dishes that include previously cooked TCS ingredients (raw ingredients should be cooked to their minimum internal temperatures)



#### 155°F (68°C) for 17 seconds

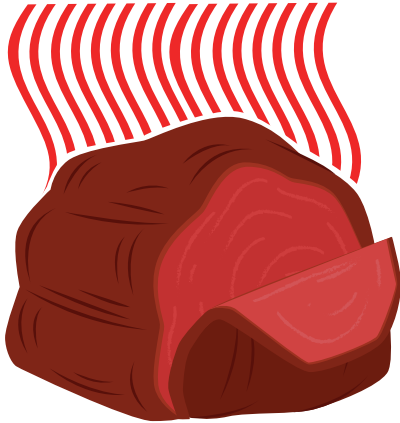
- Meats that are not intact, including:
  - Ground meat, i.e., beef, pork, and other meat
  - Meat mechanically tenderized with needles or blades or by injecting it with brine or flavors (e.g. brined ham or flavor-injected roasts)
  - Meat vacuum-tumbled with marinades or other solutions
  - Meat that has been cubed or pounded
  - Ground meat from commercially raised and inspected game animals
  - Ground seafood, including chopped or minced seafood
- Ratites (mostly flightless birds with flat breastbones), including ostrich and emu
- Shell eggs that will be hot held for service



#### 145°F (63°C) for 15 seconds

- Seafood—including fish, shellfish, and crustaceans
- Steaks/chops of pork, beef, veal, and lamb
- Commercially raised game
- Shell eggs that will be served immediately

## Cooking Requirements for Specific Types of Food



### 145°F (63°C) for 4 minutes

- Roasts of pork, beef, veal, and lamb
- Roasts may be cooked to these alternate cooking times and temperatures depending on the type of roast and oven used:

130°F (54°C)	112 minutes
131°F (55°C)	89 minutes
133°F (56°C)	56 minutes
135°F (57°C)	36 minutes
136°F (58°C)	28 minutes
138°F (59°C)	18 minutes
140°F (60°C)	12 minutes
142°F (61°C)	8 minutes
144°F (62°C)	5 minutes



### 135°F (57°C) (no minimum time)

- Food from plants, including fruits, vegetables, grains (e.g., rice, pasta), and legumes (e.g., beans, refried beans) that will be hot-held for service